

Body of Balance

Essential Evolution

Each and every one of us has a *Body of Balance* – it is our natural state of optimal health and well-being. It is the place where all of our organs and structure and nerves and immune response function harmoniously to create a true sense of ease and energy in our lives. It is the place where *body, mind, and spirit* meet in joyful recognition. Once you connect to your “body of balance” and embrace this state of light and living energy, your relationship to being alive will be transformed.

In many ways my own life can be best understood as a healing journey, where I’ve worked to gain an understanding of who I am and why I am here. Along the way my journey has led me through engineering and solar architecture; through the uses of diet, exercise, and lifestyle to effect profound changes in the human body and psyche; through the art of teaching, both in the classroom and in Nature; through the use of *Touch for Health* kinesiology to keep myself and my family healthy; and even through the management of diverse groups of people and the testing of complex computer systems in a dynamic corporate environment.

My practice consists of several forms of body balancing and energy alignment training, which include *Homeopathy and Quantum Biofeedback, Reflexology, and Iridology and Natural Healing*. Each of these provides a vital link to experiencing our “body of balance” and to transforming our perception of what it means to be healthy. I am certified as a Registered Wellness Consultant, Licensed Biofeedback Therapist, Homeotherapeutic Consultant, and Reflexologist.

Quantum Biofeedback and Homeopathy employs a sophisticated computer-based biofeedback system that measures the electrical reactivity of the entire body. In doing so it provides an objective interface to the state of the body and its systems. Additionally, this system allows the client to dynamically interact with and adjust the state of their own bodies. The result is an enhanced sense and understanding of each individual’s *body of balance*. The results of the quantum biofeedback session are then used to recommend complex homeopathic remedies that will provide additional support and extend the benefits of the session.

Reflexology is an ancient technique of massaging and applying pressure to points and zones on the feet (or hands) in order to clear blockages and to bring the body back into balance. In a session I focus on the connection with the client. What does he or she need to enter into a state of profound relaxation – to connect with that magical state within them that allows healing to flow through the body unimpeded? This is a wonderful experience that promotes the movement of the healing force at a deep level.

Iridology and Natural Healing uses the presentation of the iris to determine our body's deep inner needs. Here we reach down to the roots of our beings and create changes using Nature's gifts of *herbs, diet, exercise, and naturopathic treatments*. This is a profound treatment that takes advantage of the tens of thousands of nerve-endings in the iris. By being directly connected to the Hypothalamus-Thalamus complex – the control tower of the brain, the iris can respond like a TV screen to relay the state of the body's tissues. This information allows us to determine the constitutional (what we were conceived with) requirements, as well as issues that have developed during our living-learning process since birth.

“Only Nature knows and only Nature heals” is the basis of Natural Healing practice. We want to work with substances and practices that are as close to their origins in Nature as possible. The basics of diet, exercise and lifestyle are the core, and we enhance the healing potential with herbs and naturopathic treatments that are personalized based on the iris reading.

The synergistic healing process of *Body of Balance* is effective for any state of health, since the goal is to fundamentally improve the state of balance and alignment. Whether there is an acute inflammatory issue, a chronic degenerative condition, or a desire to optimize health and wellness, by accessing the wisdom of the body we can work with the stresses in the body to remove toxicity, repair damage, and provide optimal nutrition. This clears our channels and frees up energy to be used for creating new possibilities.

All that is required is the desire to improve our state of health, the willingness to take responsibility for the process, and the ability to stick to a program of aligning to what is best for ourselves. Healing comes from this alignment to the wisdom of the body – this is the *body of balance*. When this linkage is achieved, the body becomes self-maintaining, which includes an inherent desire to do what is best for our health. As a health practitioner I am here as a guide to assist in removing blockages and imbalances that impair the healing process.